

# INCREDIBLE EDIBLE IDAHO



▲ Barley field near Filer, Idaho

## IDAHO FACTS:

Idaho ranks 2nd in the U.S. for total barley production.

Idaho produces 21% of the barley in the U.S.

We produce barley in 42 of 44 counties in Idaho.

Barley is ground into flour for baking and processed into flakes and bran for cereal.

## NUTRITION FACTS:

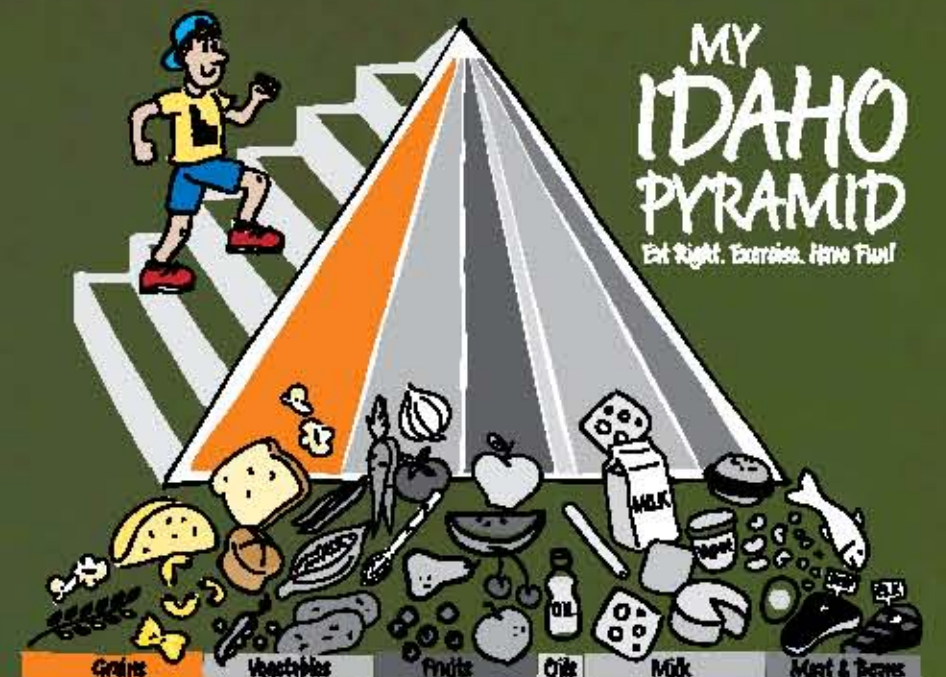
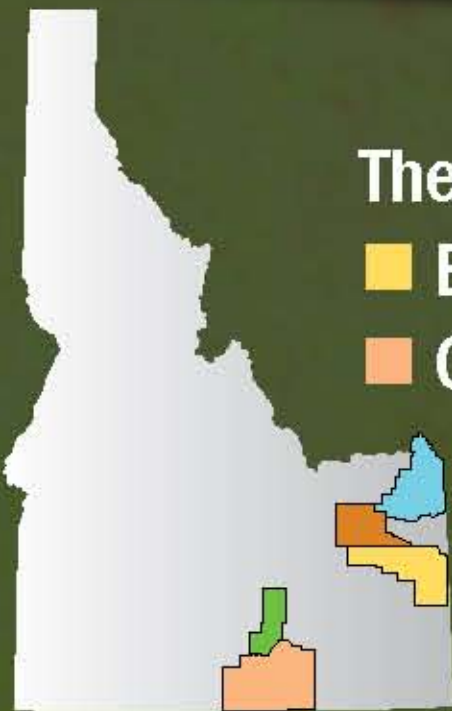
Barley is an excellent source of total dietary fiber, containing both soluble and insoluble fiber.

Like all plant products, barley is cholesterol-free and low in fat.

Barley contains antioxidants and a number of important vitamins and minerals that are essential for good health. These include niacin, thiamin, selenium, iron, magnesium, zinc, phosphorus and copper.

The top Idaho producing Counties are:

- Bonneville ■ Jefferson ■ Fremont
- Cassia ■ Minidoka



# Drawing with Barley

Can you guess how many barley kernels it takes to make a 2 inch square?

Write down your guess \_\_\_\_\_

Take a piece of construction paper and draw a 2 inch square. Place the barley kernels on the outline.

Count the number of kernels it took to make the 2 inch square \_\_\_\_\_

How close was your guess? \_\_\_\_\_

How many more would it take to make a 3 inch square?

Write down your guess \_\_\_\_\_

Draw a 3 inch square next to the 2 inch square. Place the barley kernels on the 3 inch outline.

Count the number of kernels it took to make the 3 inch square \_\_\_\_\_

How close was your guess? \_\_\_\_\_

How many more kernels did it take to outline the 3 inch square? \_\_\_\_\_

Let's try a 4 inch square.

Write down your guess \_\_\_\_\_

Draw the 4 inch square next to the 3 inch square. Place the barley kernels on the outline.

Count the number of kernels it took to make the 4 inch square \_\_\_\_\_

How close was your guess? \_\_\_\_\_

How many more kernels did it take to outline the 4 inch square? \_\_\_\_\_

Without drawing another square can you figure out how many kernels it would take to make a 5 inch square?

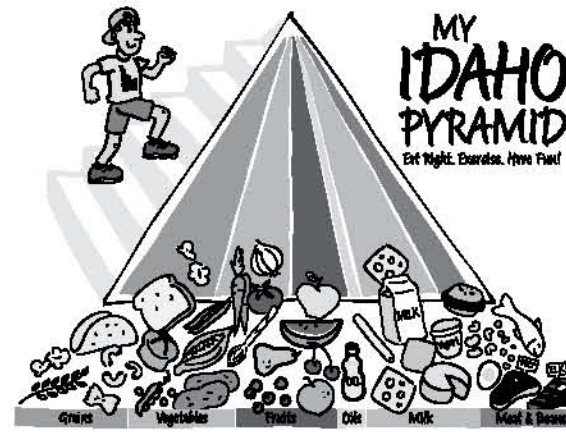
\_\_\_\_\_

How about a 10 inch square? \_\_\_\_\_

Making a table might help you see a pattern.

Teachers you will need these items to complete this activity: bag of barley, rulers, construction paper.

Name: \_\_\_\_\_

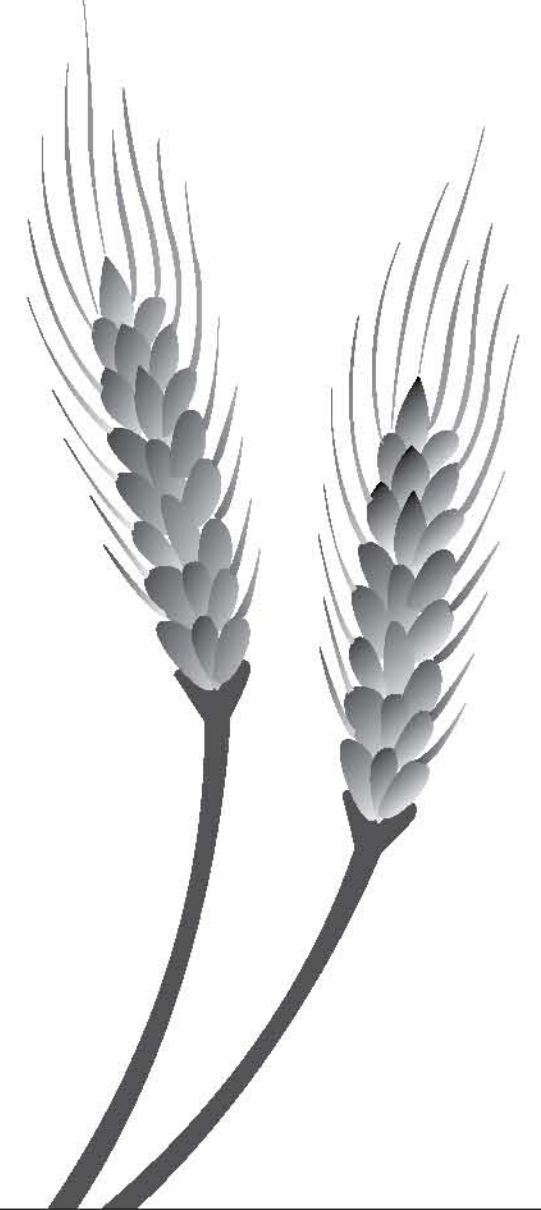


# Great Grains

Unscramble the words below to form words related to the grain group. Then use the numbered letters to form the secret message!

- lawshinrgoe: \_\_\_\_\_  
19      22      2      18
- argahm: \_\_\_\_\_  
13      20      1
- ateaolm: \_\_\_\_\_  
15      4
- reiildcw: \_\_\_\_\_  
7      12
- ceaelr: \_\_\_\_\_  
14      6
- wktaebchu: \_\_\_\_\_  
11      3      23
- iberf: \_\_\_\_\_  
8      14
- ercdihen: \_\_\_\_\_  
17      16      5
- pprcoon: \_\_\_\_\_  
10      21
- bleayr: \_\_\_\_\_  
22      9

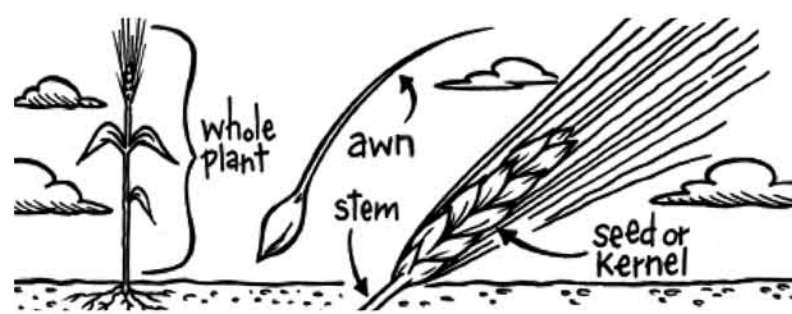
1 2 3 4 5 6 7 8 9 10 11 12  
13 14 15 16 17 18 19 20 21 22 23



Adapted from the University of Florida, IFAS Extension

# Barley grows from a seed to a ripe plant almost three feet tall.

Products can be made from different parts of the barley plant shown below.



The kernel (seed) is used for flour, flakes, bran, pearled barley or food for livestock animals.

The stem or straw is used to make paper and in building materials.

The whole plant is used in food for cattle all throughout our state.

Barley grain can be milled to produce barley flour, flakes, and bran. During milling, the seed kernel is crushed and the outer, hard shell of the kernel is removed.

Barley can be polished, or pearled, to create pearled barley. The polishing removes the hard outer shell from the kernel and the remaining kernel can be used in soups, salads, and other nutritious meals.

To make silage, or livestock feed, the entire plant is cut down, piled, compacted and then allowed to ferment.

# Don't "grain" on my parade!

Can you find these words?

- |        |          |       |       |           |       |
|--------|----------|-------|-------|-----------|-------|
| straw  | oats     | grain | wheat | soybean   | chaff |
| barley | mill     | bread | silo  | sunflower | hull  |
| corn   | elevator | bran  | flax  | rye       | flour |

S A M S T R A W S L A H B  
C I O L B D B P U X Y U A  
S O L P G M V C N R O L R  
O U A O G S I O F H Y L L  
Y R R T R T C R L E K E E  
B G G N S M H N O A O G Y  
E F L A X S A E W T I U O  
A M I G L W F K E A B E B  
N I F R I E F T R E R L R  
E L F L O U R R P H E J A  
L L I S U N F L O W A R N  
L B C R B G R A I N D M E  
E L E V A T O R B R E T D

Teachers can print off 8 1/2" x 11" posters and activity sheets (and answers) at [www.sde.idaho.gov/site/cnp/fom.htm](http://www.sde.idaho.gov/site/cnp/fom.htm) to use as handouts in the classroom.

SOURCE: USDA Farm Service Agency